

CLAIMS:

1. An acupressure ring for use on the outer finger, and comprising a ring having a visual indicator visible when the ring is worn and a projection extending inwardly from the inner surface of the ring, the projection being approximately orthogonal to the visual indicator.
2. An acupressure ring according to Claim 1, in which the mid-point of the projection is approximately 90° around the ring from the mid-point of the visual indicator, e.g. within $\pm 20^\circ$.
3. An acupressure ring according to Claim 1 or Claim 2, in which the cross section of the projection is round, cylindrical, conical, square or rectangular.
4. An acupressure ring according to any one of Claims 1 to 3, in which there is a single projection.
5. An acupressure ring according to any one of Claims 1 to 4, in which the ring is a double ring.
6. An acupressure ring according to Claim 5, in which there is a bridging member between each of the rings.
7. An acupressure ring according to any one of the preceding Claims, in which the visual indicator is provided by a break in the ring.
9. An acupressure ring according to any one of the preceding Claims, in which the distance that the or each projection extends from the inner surface of the ring is from 1 to 4mm.
10. An acupressure ring according to Claim 9, in which said distance is from 1.6 to 2.0mm.
11. An acupressure ring for use on the outer finger, and comprising a ring having a screw, the screw comprising a shank extending through the ring, said shank being

attached at one end to a head portion and bearing a screw portion engaging with a corresponding screw extending through the ring, the head portion being movable by the screw shaft between a first position in which it is outside the outer surface of the ring and a second position in which it is closer to, adjacent or below the outer surface of the ring, means being provided to prevent the head portion moving further into the ring than said second position.

12. An acupressure ring according to Claim 11, in which the end of the shank remote from the head portion extends from 1.0 to 2.5mm, more preferably from 1.5 to 2.0mm, from the inner surface of the ring.
13. An acupressure ring according to Claim 11 or Claim 12, in which the shank has an enlarged portion at the end remote from the head.
14. An acupressure ring according to Claim 13, in which the enlarged portion is removable.